



## NOVEMBER 2021 PARENT CENTER WORKSHOPS

During the month of November, Henry Street Settlement's Parent Center will offer 1-time workshops on a range of parenting topics (see below) online at Zoom, facilitated by Parent Center social work and/or mental health staff. See workshop topics and Zoom registration links below. All workshops are FREE and open to the public.

**NOTE:** Workshops are held online via ZOOM video conferencing. Participants need to access the ZOOM App on their phone, computer, or other device to participate. For more information about how to download and use Zoom, click here: <https://www.youtube.com/watch?v=fVu9BILRkww>. Workshops require pre-registration. Please see topics, dates, times and registration links below. After registering, you will receive a confirmation email containing information about joining the Zoom meeting. Participants requesting a Parenting Workshop Certificate will need to arrive no later than 15 minutes after the start of the workshop. For more information and/or if you have additional questions, please call 212.471.2400, x. 1813 or email [ParentCenter@HenryStreet.org](mailto:ParentCenter@HenryStreet.org)

**Encouraging Healthy and Positive Relationships in Children and Teens:** This workshop will discuss social development from infancy through teen years, the importance of friendships and how caregivers can encourage friendships and social skills, and provide guidance on encouraging positive romantic relationships among teens.

**Workshop Facilitator:** Tera Gurney, LCSW

**When:** Thursday 11/4 at 10 AM EST

**Register here:** <https://us06web.zoom.us/meeting/register/tZUpcumtrT0rEtQtZPgfdVYEMCc-HufM2DLG>

**Internet Safety for Parents of Children & Teens:** This workshop will focus on what children and teens are doing online and ways to protect your family, understand cyberbullying and its prevention, "sexting" and more.

**Workshop Facilitator:** Qiqi Liang, MHC-LP

**When:** Friday 11/5 at 10 AM EST

**Register here:** <https://us06web.zoom.us/meeting/register/tZ0pf-moqDMrGdK-0MWQP5zhCu3715M6gOLD>

**Self-Care and Stress Management for Parents:** This workshop will focus on the effects of stress, concrete techniques to manage stress, emotional regulation, and offer a self-care assessment.

**Workshop Facilitators:** Eve Atkins, MA, MSW & Sarah Sheinkopf, MA, MSW (C)

**When:** Monday 11/8 at 1 PM EST

**Register here:**

<https://us06web.zoom.us/j/82361539870?pwd=UHowczFYUy9xYmwvUi84dmw4ZWpHUT09>

**Successful Co-Parenting:** This workshop focuses on how parents living in separate homes can utilize effective communication, conflict resolution plus a co-parenting plan to successfully parent their children together and help them to adjust.

**Workshop Facilitator:** Qiqi Liang, MHC-LP

**When:** Wednesday 11/10 at 10 AM

**Register here:** <https://us06web.zoom.us/meeting/register/tZMpde6przlpGtLgmStM6nN0H8S-ghMuoepv>

**Self-Care and Self-Compassion for Parents:** This workshop is designed for parents to take a moment to reflect, care for themselves, and incorporate self-care and self-compassion into their everyday lives.

**Workshop Facilitator:** Tera Gurney, LCSW

**When:** Friday 11/12 at 2:30 PM EST

**Register here:** <https://us06web.zoom.us/meeting/register/tZYvd--uqjlrGNRkL1scz8cCr1gpM59H4TC3>

**Building Self-Esteem and Positive Body Image in Children & Teens:** This workshop will discuss the importance of self-esteem and body image, how they develop among children and teens and various ways that caregivers can help facilitate healthy and positive self-esteem and body image in their children and teens.

**Workshop Facilitator:** Tera Gurney, LCSW

**When:** Thursday 11/18 at 10 AM EST

**Register here:** <https://us06web.zoom.us/meeting/register/tZlId-ypszwqHNLS2ItjnuQ3K9zJitlHy2M6>

**Creating Healthy & Healing Boundaries:** This workshop will discuss the benefits of setting boundaries in our personal and professional lives, specific ways we can set and maintain these boundaries, and opportunities for practice.

**Workshop Facilitator:** Tera Gurney, LCSW

**When:** Monday 11/22 at 3 PM EST

**Register here:** <https://us06web.zoom.us/meeting/register/tZAuc-uhpjgpHdw2tf4zXfMLfWa9cgYYm8R>

**Engaging Children Through Play and Creativity** Designed for caregivers of young children, this workshop will provide an overview of the different types of play and why imaginative play with your child/children is so important to fostering attachment and healthy development and ways to engage in play that is fun for the whole family.

**Workshop Facilitators:** Eve Atkins, MA, MSW & Sarah Sheinkopf, MA

**When:** Monday 11/29 at 1 PM EST

**Register here:**

[https://us06web.zoom.us/meeting/register/tZAqfuyrrTljHtQWEMxsd2rLx\\_2L\\_K9tok4L](https://us06web.zoom.us/meeting/register/tZAqfuyrrTljHtQWEMxsd2rLx_2L_K9tok4L)

## ABOUT OUR PARENT CENTER WORKSHOP FACILITATORS



**Parent Center Workshop Facilitator Ms. Tera Gurney, LCSW** is a Licensed Clinical Social Worker with over ten years of professional experience in the field of parenting education, mental health and treatment of survivors of sexual violence. She served as Parent Center Social Worker/Program Coordinator from 2014-2017 and has since developed a wide range of family-centered trainings to support healthy child and family development. Tera has presented at national conferences including the Chicagoland Title IX Consortium Conference and National Association of Social Workers Illinois Statewide Conference. She is the proud mother of two young sons including a baby boy born in 2020.



**Parent Center Group Facilitator Ms. Eve Atkins, MA MSW** has a dual degree in Social Work and Child Development from NYU's Silver School of Social Work and Sarah Lawrence College. Her area of expertise is in infants/toddlers ages 0-3, parent-child bonding and attachment, and executive functioning in children with ADD/ADHD. Eve joined our Parent Center Team in fall 2019, and has been co-facilitating a range of parenting groups together with **Ms. Qiqi Liang, MHC-LP** including Parenting Children with Special Needs, Parenting Discoveries, Anger Management for Parents, and The Parenting Journey, in addition to 1-time workshops, 1-1 parent consultations, and short-term/brief psychotherapy.



**Parent Center Mental Health Counselor Ms. Qiqi Liang, MHC-LP** is a bilingual Mental Health Counselor fluent in Chinese including Mandarin and Cantonese dialects. She completed her MA Degree in Mental Health Counseling at the Nyack College Alliance Graduate School of Counseling (AGSC). Prior to joining the Parent Center Team in 2020, she conducted intakes and facilitated supportive counseling groups at Henry Street Settlement's Community Consultation Center in the PROS Program. Qiqi is also employed part-time in a private psychotherapy practice. She is a new mother of a young infant boy.